



Grilled Ribeye Steak with Chimichurri Salsa



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves minced
- ☐ 4 cilantro sprigs
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.5 cup green onions minced
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 1 tablespoon jalapeño minced
- ☐ 0.5 juice of lime juiced

- ☐ 2 teaspoon oregano fresh minced
- ☐ 0.3 cup bell pepper red minced
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 ribeye steaks
- ☐ 0.5 teaspoon sea salt
- ☐ 4 servings sea salt and ground pepper fresh black to taste

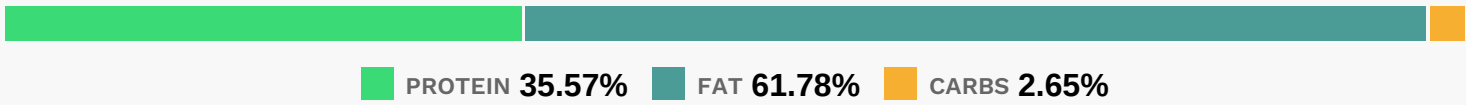
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a medium bowl, combine the green onions, bell pepper, cilantro, jalapeno, garlic, oregano, salt, pepper, vinegar, oil, and lime juice. Stir well to evenly disperse the ingredients. Season the steaks generously with salt and pepper, and grill until your desired doneness.
- ☐ Serve each steak topped with the salsa and a sprig of cilantro.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:26.016956606637%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 516.78kcal (25.84%), Fat: 35.59g (54.76%), Saturated Fat: 14.73g (92.07%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.98g (1.09%), Cholesterol: 137.86mg (45.95%), Sodium: 607.14mg (26.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.11g (92.21%), Selenium: 55.54µg (79.34%), Zinc:

11.74mg (78.26%), Vitamin B12: 3.75µg (62.53%), Vitamin B3: 11.37mg (56.83%), Vitamin B6: 0.99mg (49.37%), Vitamin K: 48.29µg (45.99%), Phosphorus: 340mg (34%), Vitamin B2: 0.57mg (33.72%), Iron: 4.64mg (25.78%), Vitamin C: 21.18mg (25.67%), Potassium: 712.48mg (20.36%), Vitamin B1: 0.22mg (14.68%), Vitamin A: 712.67IU (14.25%), Magnesium: 56.32mg (14.08%), Copper: 0.21mg (10.57%), Vitamin E: 1.12mg (7.48%), Manganese: 0.14mg (7.16%), Folate: 24.75µg (6.19%), Fiber: 1.21g (4.85%), Calcium: 48.48mg (4.85%), Vitamin D: 0.23µg (1.51%)